



City Connection

Fond du Lac

May 2016

WELCOME!



NICHOLAS FULTON

Start Date: 4/11/2016

Engineering Tech II

I am excited to be a part of the Engineering Division for the City of Fond du Lac. I grew up in Waukesha County and attended UW-Platteville where I obtained my Bachelors in Civil Engineering. I have worked at R.A. Smith National for the past 7 years as a Design Engineer and Surveyor completing construction staking, highway road design, and office surveying procedures.

My family includes my beautiful wife Alicia of 6.5 years and 3 children. This summer my daughter Sarai will be 4, son Josiah will be 2 and son Elijah will be 6 months. We moved to Fond du Lac to be a part of our small church in town and following God's call for our lives.

In my free time (minutes each day) I enjoy studying the bible, spending time with my wife, running (with a stroller), camping, playing with my children and gardening.

I look forward to working with everyone here and striving to serve the Fond du Lac community!



JENNA SOLDNER

Start Date: 4/20/2016

Idea Studio Aide

I am currently a sophomore in high school and I am homeschooled. I have lived just south of Fond du Lac my whole life. I really enjoy technology and art class, so when I learned about the Idea Studio, I knew I would love it. I am so happy to be part of the library's staff, and am excited to explore all of the opportunities the Idea Studio offers.

Safety Quiz

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Complete and return to
Human Resources by
Tomorrow, Friday May 13th

Know Your Numbers

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Information and a quiz about
your health regarding
Cholesterol are available on
the City website! Quiz due
Friday May 20th.

ExecuTime

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Employee trainings are
scheduled for May!

Watch for more details as
we get closer to trainings
and going Live on the new
ExecuTime system.

WebTrac

...

Park reservations, boat
launch stickers, and pool
passes can now be done
online at
www.register.wi.gov

Congratulations!



Captain Jim Knowles and **Lieutenant Jason Roberts** (Fire) were sworn in on April 27, 2016 after receiving their promotions.



Parks Superintendent **John Redmond** has worked with two Leadership Fond du Lac teams to complete projects in Lakeside Park. One team is dressing up the interior of the lighthouse with several sets of beautifully portrayed historic pictures. Another has obtained handicap-accessible swings and monkey bars that our crew is helping to install.



Jeremy Cramer and **Autumn Fisher** (Wastewater) will be among the presenters at a Central States Water Environment Association conference in Madison on May 18th. Jeremy serves as the technical program committee chair for the organization. Jeremy has also been invited to speak at Water Environment Federation's annual technical exhibition and conference in New Orleans in September. He and others will share ways to use DNA to monitor and remove nutrients biologically.

WELLNESS COMMUNICATIONS

This month's Wellness topics include:

- ❖ Mental Health-Anxiety Disorder
- ❖ Grief
- ❖ Food Allergies
- ❖ Celiac Disease
- ❖ Allergies Seasonal Relief
- ❖ Bike Month
- ❖ Fit and Fabulous
- ❖ Ger and Gerd
- ❖ Get Moving and Eat Better
- ❖ Peanut Allergy
- ❖ Sun Safety
- ❖ Know & Go Newsletter;
<https://ahcwandw.bepurewellness.com/dt/v2/ahcassocindex.asp>

As a reminder, these and other topics are available on the city website:

<https://www.fdl.wi.gov/departments.iml?DeptID=39&DeptPage=167>

1000 MINUTE CHALLENGE

April 11th – May 20th

It's time for the Wellness Exercise Challenge! The goal is at least 1,000 minutes of intentional exercise. You have a chance to win a great prize. The Challenge is for ALL City Employees, not just those with the city insurance.

New this year is a "Healthy Now" App to track your minutes on your smartphone. Also new this year will be Fitness Fridays. During the 6 weeks of the Challenge, anyone participating will be able to wear tennis shoes on Fridays and get an extra 15 minute break to go for a walk or do some other exercise.

If you wish to use the App, you still need to sign-up for the Challenge on the Know & Go website (www.knowandgo.org). If you are tracking on paper, your completed tracking sheet is your sign-up.

Tracking sheets need to be returned to Mary Leb by May 31st.

National Employee Health and Fitness Day Employer Challenge

May 16-20

Who is Eligible?

- All Employers in Fond du Lac County

How does the challenge work?

- Participating employers compete against similar sized organizations to see which employer can accumulate the most points per participant during the week.
 - Participating employees earn points by performing and logging the following activities:
 - Cardiovascular Exercise - 1 point per minute
 - Resistance Training - 1 point per minute
 - Stretching - 1 point per minute
 - Bonus point activities = 5 points each
 - Ride your Bike to work
 - Participate in a walking meeting (At Least 10 Minutes)
 - Exercise at one of our partnering Fitness Centers
 - Stretch at your workstation at least 2x during the day
 - Park farther away in the parking lot today
 - Take the stairs when other options are available
 - Learn what Y5210 stands for and live it for a day

Winners:

- Employers with the most points per participant in each category size will be recognized in addition to the employers who have the highest participation percentage. Winners in all categories will be promoted via press release to local media outlets.

****All participants will have access to utilize participating Fitness Centers at no cost during the week**

(While FABOH is pleased to identify resources for participants in the Employer Challenge, such identification should not be considered an endorsement.)

To Sign up:

Contact to sign up or if you have questions: Lisa Wiercinski x3623 or email lwiercinski@fdl.wi.gov

*****Upon signing up, you will receive a tracking sheet for your points or continue to track your minutes on the 1000 minute challenge sheet.**

****Activity from the 1000 Minute Challenge can be used for both events!**

****Last year the City won the Points per Participant Award!**





Visit the website for more information: <http://www.downtownfdl.com/farmers-market.html>

Also on facebook: <https://www.facebook.com/FondDuLacFarmersMarket/>

ICMA - RC

TYGE OLSON
RETIREMENT PLANS SPECIALIST FROM
ICMA - RC

May 17, 2016
June 21, 2016

9:00 AM TO 4:00 PM

To set up an appointment online:

<https://www.fdl.wi.gov/departments.iml?DeptID=39&DeptPage=163>

Understanding Your Annual WRS Statement of Benefits

Live, Interactive Webinar Dates:

Tuesday May 17, 2016 12:00pm – 12:30pm

Thursday May 26, 2016 6:00pm – 6:30pm

This webinar, along with other webinars, are available at:
http://etf.wi.gov/member_education.htm

DID YOU KNOW?

If you complete at least three **Health Coaching** sessions by July 31, 2016, you will receive an additional 15 points on your scorecard and get useful information for your health! A health coach provides encouragement to utilize personal strengths and values to create change. Health coaching sessions are 15-20 minutes in length and will be available in person or by telephone once a month. Contact Tara 926-5678 or Angie 926-5508 to set up an appointment



Welcome the New Additions to the City Family



Congrats on your new baby!

Chris Semenas - Water

Doug Hoerth - Inspection

Ben Stephany - Fire

Amy Jost - Police